

FREE STANDING BALLET BAR EXERCISE DEVICE

Abstract

A free standing, height adjustable ballet bar exercise device is provided. The device comprises a pair of legs, telescoping support arms pivotally attached to the legs and supporting a horizontal ballet bar disposed between the support arms, a lower cross bar connecting the legs intermediate their ends, an upper cross bar connecting the support arms, a backboard pivotally attached to the upper cross bar and releasably attached to the lower cross bar, and a floor board hingedly attached to the bottom edge of the backboard and adapted to lay flat on a floor to support the weight of the user. Preferably the backboard and floor board are covered by soft mats.